

The Stop Smoking Success System

How to

KICK THE CRAVINGS

By Antonio Perez

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Congratulations on taking the first step to becoming a non-smoker! You're well on your way to living a much more rewarding and healthy life.

The technique you're about to discover will help you to **get free from the nicotine trap** once and for all.

Believe me, I know all about it.

I smoked from the age of 16 to 37. Marlboro Reds aka cowboy killers were my brand.

To tell you the truth I struggled to quit smoking for years. I must've “quit” a half dozen times.

None of the stuff I tried made a difference – that is until I stumbled upon the dead simple technique you're about to get down and dirty with.

There are only two requirements for this technique to work:

- **Have fun!** Go into this with the mindset of “*screw it – lets see whats going to happen?*” BE CURIOUS about whats going to happen.
- **Don't half ass it.** Really get into the technique. This technique relies heavily on tapping into your emotions and your unconscious. You want your unconscious to take notice and see that you're serious and want to quit smoking.

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The ground work:

In order for this technique to work, we've got to setup an emotional trigger. So lets get down to business.

[Watch this free video to have me guide you through this technique](#)

Step 1. Pick a peaceful memory. A memory that really sticks out in your mind as being peaceful, tranquil and calm.

Step 2. Relive this memory. What kind of things do you remember seeing, hearing and feeling in this original event? Are there any smells or tastes you can remember?

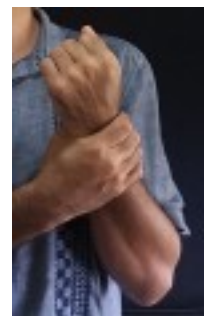
Really take the time to fully step into this memory. Imagine turning up the colors and the brightness of everything you see. Also turn up the sounds.

Become aware of where you can feel these peaceful, calm, tranquil feelings in your body.

NOTE: Once these feelings are nice and strong move onto step 3. Take as much time as you need to allow these feelings to fill your body.

Step 3. Create an emotional trigger. Take your right hand and *gently* squeeze your left wrist while you say peace or I'm peaceful. Or something to that effect.

You don't need to crush your wrist. Just a gentle touch.



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The key here is only creating this emotional trigger when the peaceful feelings are at a nice comfortable level for you.

Step 4. Open your eyes and shake off these peaceful feelings. You're doing this to get back to a neutral baseline.

Step 5. Ready. Aim. Fire. Grab your wrist and say the word(s) you chose. And just notice how these feelings of peace come back automatically.

When you feel those feelings coming back automatically its a sign that everything is working a-ok.

Here are some additional tips:

- Repeat steps 1 to 5 for different memories where you have feelings of peace, tranquility, etc. This will help to increase the quality of this emotional trigger.
- When you're doing step 2 and reliving these peaceful memories you can ask yourself *“if these feelings had a color, what color would it be?”*

Then imagine being surrounded by a bubble, a fog, mist, etc. of this color. Imagine breathing it in through your nose and through all of the pores of your skin. When you feel like its at a nice strong level, squeeze your left wrist gently and say the word(s) you chose.

Like I said earlier. Take as much time as you need to **make this emotional trigger** as solid as you can.

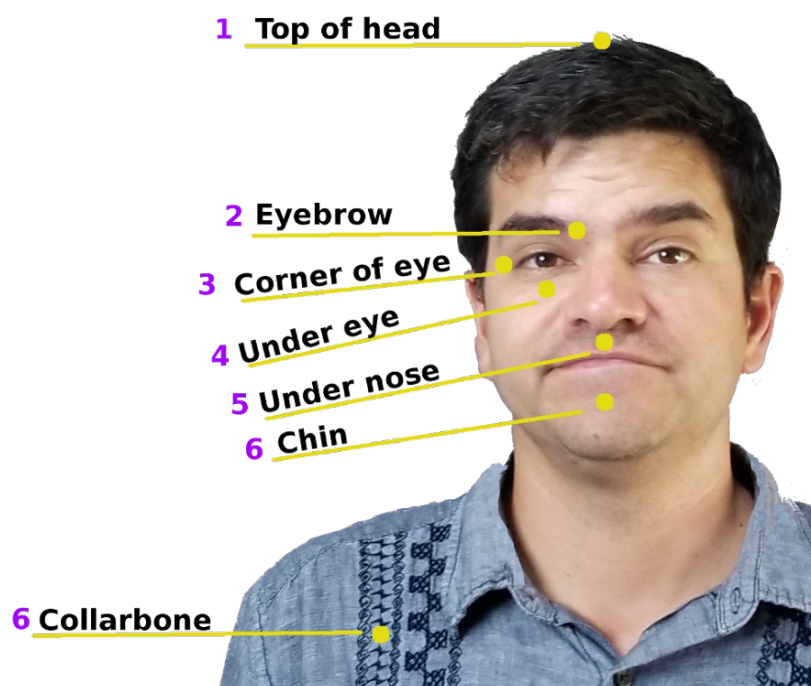
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How To Tap Those Cravings Away

In this next part, we're gonna cover the main parts of this technique to kick your cravings to the curb.

Step 1. Rate your cravings. Take a moment to rate your cravings on a scale of 1 to 10. 1 being not that bad, 10 being intense.

Step 2. Tap the cravings away. Tap the 7 points on page 8 while you repeat the affirmation *“Even though I have this craving, I still deeply and completely love and accept myself.”*



Step 3. Fire off the emotional trigger. Close your eyes and grab your left wrist gently with your right hand and say your chosen word(s) (peace, I'm peaceful, etc.).

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As you're feeling these feelings of peace, tranquility, calm, etc. - ***imagine*** how you're going to react differently in the future when you're in a situation / context where you normally would have had a craving to smoke in the past.

Step 4. Rate the cravings again. Now its time to rate the craving on a scale of 1 to 10. Depending on where the craving is at, repeat the steps 1 to 3. Once you're down to a 0, you're done.

Some additional tips:

Try changing up how you phrase the affirmations after the first round. For example

even though I still have a little bit of this craving left, I still deeply and completely love and accept myself

even though I still have a little bit of these sensations, I still deeply and completely love and accept myself

these sensations are melting away because I deeply and completely love and accept myself

these sensations are almost completely gone now because I deeply and completely love and accept myself

If you have any questions feel [free to reach out to me](#).